



SilverSneakers

has arrived.....

**Get fit, have fun, make friends -
wherever you go!**

**Join a fun and energizing program that
will help you take control of your health
through physical activity and social
events!**

**Are you over the age of 65?
Does your health plan offer SilverSneakers?**

☒ **YES! I'm interested!**

**City of Miami Gardens now honors
the award winning SilverSneakers
Program at the Betty T. Ferguson
Recreational Complex!**

**Informational session
and registration begins-
March 23rd
10am-2pm**

Access to...

- Conditioning classes
- Exercise equipment
- Gymnasium
- Pool (open swim only)
- Sauna
- Educational Seminars
- Online Support to help lose weight, quit smoking and reduce stress!
- Social Events

Betty T. Ferguson Recreational Complex

3000 NW 199 Street

Miami Gardens, FL 33056

786-279-1222

